

How to Break, the Newest Olympic Sport Making its Debut in Paris

One-handed spinning at a high rate of speed is no longer merely a passing amusement. Breaking (also known as breakdancing), which originated in the streets of New York City, is now a recognized medal event for the Summer Olympics. The world stage is receiving a heart and soul makeover. Olympic fans can buy [Olympic Breaking Tickets](#) from our website.

The renowned art form will make its Olympic Games debut in Paris in 2024 from Friday, August 9 to Saturday, August 10.



Two gold medals—one for males, or b-boys, and one for women, or B-girls—will be up for grabs during the competition. 16 men and 16 women will compete against one another to determine who will win the gold for the first time in history, with performances evaluated on technical proficiency, creativity, and musicality.

Breaking is going to become even more of a national phenomenon when it makes its global premiere as a sport. Here is a closer look at the history of the sport and what to anticipate from the 2024 Games:

Breaking is a sporty form of street dance that is also known as breakdancing and b-boying and b-girling. It comes from the Puerto Rican and African American communities in the US. Although breaking is adaptable and has a

somewhat vague core, the dance typically consists of top rock, down rock, power techniques, and freezes.

Drum breaks are frequently heard in songs involving dance music, notably in hip-hop, funk, and soul genres. Using a variety of sports and swag, participants are lifted by the cultural and athletic phenomenon to demonstrate who has the finest moves. In competitive settings, two people will engage in one-on-one combat on a stage or dance floor, which resembles wrestling or boxing in certain ways.

Which term is correct: breakdancing or breaking?

First and foremost, it must be made abundantly clear that breaking, not breakdancing, is the correct term to define the activity. The breaking community favors the sport's actual name, even though some contend it is the same thing.



Another crucial point is that athletes who participate in breaking do not prefer to be referred to as break dancers. Instead, they are referred to as break-boys and break-girls, abbreviated as B-girls and b-boys.

Rox Rite, a professional b-boy from Windsor, California, said, "As b-boys and B-girls globally, we all know that our terminology is not breakdancing, it's breaking, and the people who perform it are b-boys and B-girls."

"Get the word out. To avoid being on the wrong side of history, we must take this opportunity to share the correct history.

Where did the sport of breaking start?

In the center of the South Bronx, the newest Summer Olympic sport made its debut. That's correct, the USA is pleased to claim that it invented breaking.

Trixie (Lauree Myers), RIP Wallace D, Dancing Doug (Douglas Colon), A1 Bboy Sasa, DJ Clark Kent (Tyrone Smith), The Zulu Kings and Cholly Rock (Anthony G. Horne), Darlene Rivers, The Legendary Smith Twins, and others were among the early innovators of the artform-sport fusion.

In the 1970s, the original hip-hop dance was a representation of street culture. Today, this dance culture has evolved into a sport that is performed on the biggest international stages. It is growth in the most basic sense. Olympic fans can buy [Summer Games 2024 Tickets](#) from our website.



However, even those that compete on the greatest stages return to their hometown venues to wreak havoc on the dance floor since that is ultimately what it is all about. This is our opportunity to truly unite as a community and shape it for the benefit of upcoming generations, added Rite. After all, the purpose of breaking was to have fun and use hip-hop as a means to improve people's lives.

When was the breaking for the 2024 Paris Olympics sports program officially approved?

On December 7, 2021, the IOC made the sport's official inclusion announcement in Geneva, Switzerland.

The IOC added breaking to the 2024 Games for what reason?

It's straightforward: dancing is the ideal approach to attract a younger audience for the Games.

But perhaps more importantly, this new dance-based sport offers a wealth of opportunities to those who possess extraordinary talent but have not been recognized due to the misconception that breaking is not a sport. B-boys and B-girls can now flaunt their skills in front of a global audience.

What do the people who break things think of their presence in the Games?

B-boy from California Omar Delgado Macias, better known by his stage name Rox Rite, is thrilled about breaking's inclusion in the 2024 Olympics. The majority of b-boys and b-girls never imagined they would see it in their lifetimes, according to Rite, who calls it "huge news" for the global breaking community.



Numerous opportunities to present breaking in a fresh light will arise from its inclusion on the Olympic stage at the international level. Rite referred to the new sport's inclusion in the Paris 2024 Olympic program as "not the end all, be all," but rather "a new platform to reach people and communicate what we've been doing with the globe for the last 40 years."

The 40-year-old dancer has won 100 championships, including the Red Bull BC One, R16, UK B-Boy Championships, and Freestyle Session.

Why is breaking such a hot topic?

People continue to believe that breaking isn't a sport despite the IOC's sanction of it. Michelle Martin, an Australian squash player, claimed that the situation "kind of makes a mockery of what the Olympics is." Martin discusses her anger with having pushed for squash inclusion for years in an interview with the Guardian.

It's significant to remember that many sports incorporate aesthetic elements into the competition. Consider gymnastics, synchronized swimming, equestrian dressage, and figure skating. These sports all combine athleticism with art, frequently in the company of music, to showcase some of the best creativity the world has to offer.

That is the purpose of breaking.

However, Rite noted that "with the [IOC] announcement, there were a lot of dumb comments about a craft that has truly stood the test of society's pop cultural demands in a lot of the new media sources that broadcast the news about breaking becoming an Olympic sport."

Rite expressed his anger toward Americans who identify as "hip-hop heads," claiming that breaking is the original hip-hop dance and a symbol of the local street culture. Rite said, "This dance was developed in the Bronx, New York, in this country, and on most of the pages I saw, it was a lot of Americans or hip-hop heads speaking down on breaking."

The decision? Breaking is undoubtedly both a sport and an art. It's the ideal blend of cultures.

While breaking is a kind of dance, music, fashion, and movement, it is performed in a setting analogous to a sporting event. For a sport to be played at its highest level, both the sporting and artistic worlds must coexist.

Whether you classify modern breakdancing as a sport or a dance, it is a multi-million dollar industry with an estimated 30 million practitioners, major sponsors, and opulent venues searching for top talent.

It's safe to say that a lot is at risk.

What aspect of B-boys and B-girls' Olympic debut in breaking poses the most challenge?

The 100-title winning b-boy Rite explains that the external obstacles associated with the sport's involvement on such a worldwide scale are more difficult than anything else in this situation.

People argue that breaking is a dance rather than a sport, for example.

Rite said, "Our next step is for us to go out and teach the world because they're not necessarily against us but it's our obligation as practitioners and individuals who have been there in this lifestyle to continue to push forward and educate the world on this dance through this platform."

Numerous b-boys and b-girls also worry about losing the cultural component of breaking. Original supporters of underground hip-hop are concerned that once the sport makes it to the Olympic stage, the art and culture of the hobby will be taken.

Who should we watch out for at the 2024 Olympic Games in Paris?

The best dancing team in South Korea, Jinjo Crew, appears confident in bringing home their nation's first medal for breaking. In an interview with Arirang News, the founder, and CEO of Jinjo Crew, Kim Heon-jun, stated, "I'd estimate we have a 50% probability of taking home gold." Those are excellent odds.

With 3450 points, Jinjo Crew owns the third-highest ranking among the top five groups for breaking, according to BBOYRANKINGZ. With 3134 points, the Republic of Korea holds the No. 2 position among the top five countries in breaking.

The United States now maintains the top spot in the world rankings with 3217 points, while Japan is ranked third with 2982 points. With 2977 points, Canada keeps down the No. 4 position in the world, while The Russian Federation is in fifth place with 2966 points.

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